

# Water Sources for Five Million More in State Needed by 1985

By RICHARD RICHARDS  
State Senator

California's far-reaching water plan should produce enough benefits to support a population increase of 5,200,000 in the next 25 years, according to a spokesman for the State Department of Water Resources.

The program must be approved by the voters at the general election in November of next year.

By 1985, the department spokesman estimates, the water projects proposed in the 1,750,000,000 bond issue would increase income in the principal service areas by at least \$12,000,000.

This estimate is based on increased purchasing power created by expanded payrolls and other wealth made possible by the project.

BY 1985, the estimated additional investment in the water project service areas will probably exceed \$34 billion, but the department believes that it should never be necessary to tap the state's tax-supported general fund to finance the major benefits of the project.

Those areas that cannot be physically served by the project, or those that do not desire or need the service, will not be taxed to subsidize those that do.

The only project facilities that might be assessed as a charge against the general taxpayer are the relatively minor costs of recreation, fish and wildlife preservation and flood control features not financed

by the federal government.

THESE, AS I SAY, are estimates of the State Department of Water Resources, which is engaged in a full-scale development of the program in order to begin at once on the first stages of construction if it is approved by the voters.

In the meantime, interim committees of both the Senate and the Assembly are studying key phases of the project to accumulate as much information as possible between now and next November, and to hear the views of the various areas that will be affected by the program.

THE SENATE committee is headed by Senator Stephen P. Teale of Calaveras County, and the Assembly committee by Assemblyman Charley V. Porter of Compton. Both men are widely informed in this field as a result of their previous work in prior sessions of the legislature and interim work between sessions.

Many questions are still to be resolved between now and the time the program is submitted to the voters. One of them is the issue of acreage limitation, and the committee headed by Senator Teale is attempting to determine whether the state should limit or recapture increased land values anticipated when the new water resources are available.

Assemblyman Porter's committee is giving special attention to the problem of costs to service areas, a difficult subject in which he has specialized for the past several years.

# Eating a Good Breakfast Starts The Day Right, Doctor Reports

By ROY C. GILBERT, M.D.  
County Health Officer

One of the best health habits that any individual can develop is that of eating a good breakfast. Be that as it may, nutritionists have called breakfast the vulnerable spot in the American food pattern, inasmuch as so many people start the day with an inadequate meal or none at all.

Although hunger may not be felt in the early morning hours, the hidden hunger within the body makes itself evident by such signs as weariness, irritability, dullness, nervousness, headache, or inattention. Generally speaking, it seems that the lack of a good breakfast tends to make the individual less efficient in whatever task he has to do.

Observations of school children show that those who eat an adequate breakfast usually do better in their school work, have a brighter outlook, and apparently have more energy left for outside activities. Yet many school children, particularly teenagers, do not get a morning meal that is considered nutritionally good while others, sometimes copying the bad food habits of their parents, do not eat any at all.

BREAKFAST should supply somewhere in the neighborhood of one-fourth of the day's total number of calories. For example, an adequate breakfast that consists of fruit or juice (citrus or tomato), whole grain cereal, bread and butter or rolls and the like, and a beverage, reinforced with some of the day's protein foods in the form of milk, meat, or eggs takes care of the body's nutritional needs. Naturally, a person doing hard physical labor should have more of these foods than a sedentary worker.

Breakfast food habits, however, may be adjusted to family likes and dislikes or national food patterns, just so long as they contain the necessary foods for proper body maintenance and health.

ADEQUATE morning meals keep the blood sugar level (the body's source of energy) high enough to ward off the pre-

lunch slump that is so common an experience, whereas a poor breakfast with the consequent quick let-down in the blood sugar level often results in weakness, dizziness, or fatigue. It also encourages the habit of between meal snacking.

A good breakfast can also be the most economical. The amount of money spent on a hasty pick-up morning meal of coffee and doughnuts or similar foods, supplemented by a mid-morning snack, may add up to a greater cash outlay than the expenditure needed

for a good breakfast, especially when it is prepared at home.

WEIGHT-WATCHERS would do well to remember that food eaten early in the day after an overnight fast is put right to work by the body, since it is absorbed and digested during the most active daytime hours. Indeed, it is a disadvantage to skimp on breakfast when reducing. Its inadequacy or lack simply serves to sharpen hunger, which makes it harder for the individual to resist snacking. Breakfasts are indeed im-

portant. Food experts have shown that, as a rule, individuals are more alert, efficient, and resistant to fatigue when a good breakfast is eaten than when it is not. Assuredly, it is an excellent health habit to start the day fortified with the right foods.

"Eat a Good Breakfast to Start a Good Day," a pamphlet that gives proper breakfast patterns will be mailed to anyone who sends a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

# To Open New Center Here

A garden center to be staffed by volunteers from the area's garden clubs and special plant societies will be open for service to those groups and to other home gardeners on Jan. 29 at the new Torrance Sears in the Del Amo Shopping Center, it was reported this week.

Patterned after such centers in the east, the new Torrance center will be the first such facility on the West Coast, according to Mrs. Frances Young of Hermosa Beach, who has spearheaded efforts to establish the center. Included in the facilities will

be a reference library, a place for flower exhibits, and files on the various garden clubs and societies of the Torrance-South Bay area.

Mrs. Young is District Director of the California Garden Clubs, Inc., a member of the South Bay and Hermosa garden clubs, and awards chairman in the 17th Congressional District for Los Angeles Beautiful.

The center will be opened with appropriate ceremonies on Jan. 29 and will remain open six hours a day each day Sears is open, she said.

# Key Appointments at New Torrance Box Plant Made

Announcement of several key appointments and transfers of personnel to staff the soon to be opened Torrance box plant of the Hinde & Dauch Division of West Virginia Pulp and Paper Co. was recently made by Charles D. Sparks, regional manager headquartered at Chicago. The Torrance factory plans to be in production by Jan. 4, 1960.

Roy E. Jury has been named district sales manager for the Torrance plant. In this capacity he will direct the H&D sales activities in the heavy industrial area in and around Los Angeles. Jury will also assume temporary responsibility for the sales activities of H&D's Phoenix plant.

JURY BRINGS to his new post a background of 12 years' experience in the paper converting industry ranging from sales representative to vice-president in charge of western sales for Arkell and Smith, a leading grocery bag producer, officials say. When in June, 1958, West Virginia Pulp & Paper Co.'s Multiwall Bag Division acquired several plants from Arkell and Smith, Jury joined the company as manager of the Kansas City district sales office of the Multiwall Bag Division.

Jury attended Baker University and also Kansas University and also completed the Harvard advanced management program.

Hinde & Dauch, one of the nation's leading producers of corrugated boxes and interior packing materials, operates 15 other box plants throughout the East, Midwest and South from headquarters in Sandusky Ohio.

APPOINTED TO the post of district production manager at Torrance was Frederick J. Bauer. Bauer has a background of 13 years' experience in various corrugated production positions and for the past three years has served as plant superintendent for a leading corrugated manufacturer.

Bauer attended Illinois Institute of Technology where he majored in industrial engineering and also studied industrial management at Northwestern University.

Sid B. Carmine, who is presently operating as H&D's M/R board sales representative on the West Coast, has been named director of M/R board sales. Carmine will direct the sale of this revolutionary moisture resistant corrugated material throughout the highly productive fruit and produce growing regions of California.

M/R BOARD HAS proved to be a valuable aid to packers

of wet-cooled and top-iced products throughout the country. It has also been successfully used for a wide range of industrial packaging applications.

Robert Huston and Douglas Stier have joined H&D as sales representatives at the Torrance facility. Huston has a background of eight years' experience as a salesman for leading paper converters. He attended the University of Oregon and Fresno State College where he majored in business administration. Stier has spent the past six years in sales capacities with two leading corrugated manufacturers.

He majored in business management while attending Armstrong Business College, Berkeley.

THE POSITION of sales service supervisor at Torrance will be filled by Bruce Harralson who is transferring from Hinde & Dauch's Kansas City plant. Harralson joined H&D in 1955 and most recently served as sales service supervisor at Kansas City. Gerald Kohut will be supervisor of order estimating at Torrance. He is transferring from H&D's St. Louis plant where he held the same position. Kohut began his career with Hinde & Dauch in 1952.

George Rustige has been named package laboratory manager at Torrance. Rustige joined H&D in 1952 and most recently served as package laboratory manager at the St. Louis plant.

# Marineland Bartender Wins \$1000

The concoction that won first prize in the 10th annual competition of the United Kingdom Bartenders Guild, which was recently held in the Statler Hilton Hotel, is now featured at the Marineland Restaurant in Palos Verdes.

Small wonder why, for the creator of the "Golden Dream Cocktail" is LeRoy Charon, bartender at Marineland Restaurant, who won over some 80 contestants and walked away with \$1000 cash, a four-foot gold trophy, and a free trip to Europe.

Charon's winning cocktail-of-the-year, the most popular drink in the dining establishment's "Porpoise Room," consists of 1/2 ounce Galliano, 1/2 ounce Cointreau, 1/2 ounce cream and 3/4 ounce pure orange juice, all shaken in shaved ice.

# New School Plans Voted

Preliminary plans for the new Victor Elementary School and for additions to South High School were accepted by the Torrance Board of Education this week.

Architects will proceed with final plans and if there are no delays, the facilities could be ready in 18 to 24 months.

The new Victor Elementary School, slated at the corner of Victor and Spencer, will include 19 classrooms, two kindergarten rooms, administration, shop, homemaking, and music facilities. It is expected to cost about \$640,000. It will serve children in the recently-annexed and rapidly-growing Victor Tract area.

Additions at South High School will include two two-story classroom buildings containing 22 classrooms and conversion of some existing facilities to meet the needs of a larger enrollment. Also scheduled for bid, but in the "doubtful" category, are stadium facilities for the school.

Classroom facilities are expected to cost about \$600,000. Since high school building funds are limited at this time, the district may not be able to build the stadium with this unit of buildings, Assistant Superintendent S. E. Waldrip said. Officials are hoping for lower-than-estimated bids.

# New Service For Deaf to Start Today

The First Baptist Church of Lomita, located at Hillcrest at Western Ave. will begin a new ministry to those who are deaf. According to an announcement by their pastor, J. W. Hardin, this special ministry will begin today at 11 a.m. during the morning worship service.

Rev. Leland Kersey will convey the pastor's message to those who are deaf. A special room has been prepared adjoining the Auditorium to provide both privacy and yet near those who will be participating in the worship service.

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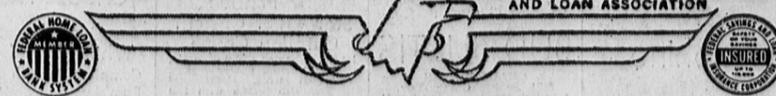
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